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Spring 2006

## University of San Diego Swimming & Diving Media Guide 2005-2006

University of San Diego Athletics Department

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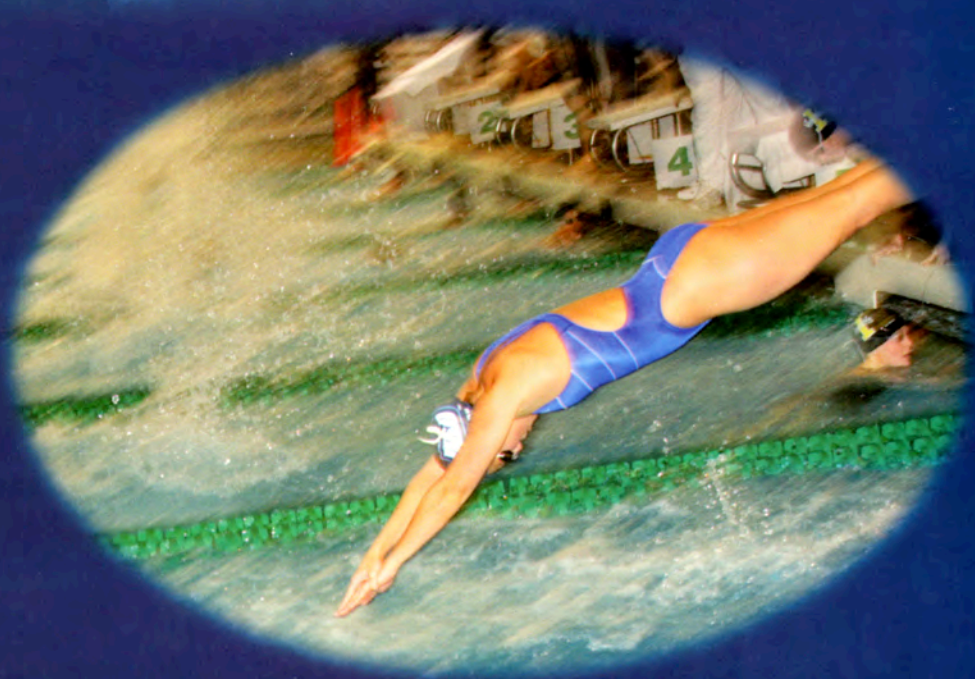
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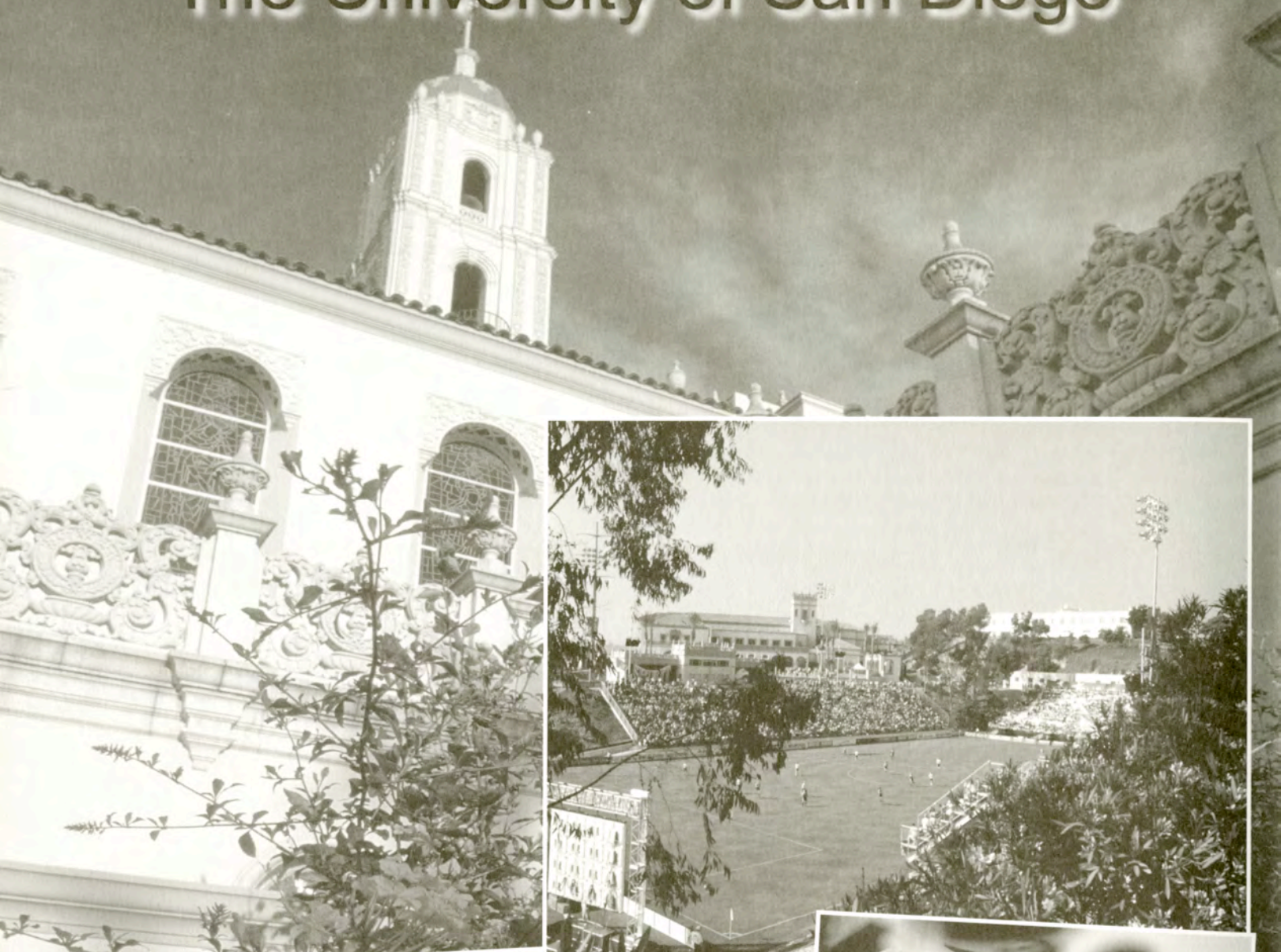


**WAC**  
WESTERN ATHLETIC CONFERENCE

***2006 San Diego  
Swimming and Diving***



# The University of San Diego





# 2005-06 University of San Diego Swimming and Diving

## General Information

Location .....	San Diego, CA
Founded .....	1949
Enrollment .....	7,400
Affiliation.....	NCAA Division I
Conference (swimming) .....	Western Athletic Conference
Nickname .....	Toreros
School Colors .....	Torero Blue, Navy, White
Athletic Dept. Phone .....	(619) 260-4803
President .....	Mary E. Lyons, Ph.D.
Executive Director of Athletics .....	Ky Snyder
Senior Associate Athletics Director .....	Mike Matoso
Assoc. AD/Business Affairs .....	Dan Young
Assoc. AD/Athletic Development .....	Brian Fogarty
Assoc. AD for Media Relations .....	Ted Gosen
Assist. Director of Media Relations .....	Chris Loucks
Assoc. AD for Facilities & Operations .....	John Martin
Assist. AD for Facilities & Operations .....	Andy Fee
Assoc. AD/Senior Women's Administrator .....	Shaney Fink
Assist. AD for Academics & Student Services .....	Robyn Fortney
Assist. AD for Marketing .....	Briana Ruff
Assist. Director of Athletic Development.....	Kari Logan
Marketing and Promotions Coordinator .....	Chris Morales
Head Athletic Trainer .....	Carolyn Greer, A.T., C.
Associate Athletic Trainer .....	Paul Signorelli
Associate Athletic Trainer .....	Suzi Higgins
Assistant Athletic Trainer .....	Wil Filamor
Strength & Conditioning Coach .....	Shannon Turley
Assistant Strength & Conditioning Coach .....	Hans Straub
Transportation Director .....	John Cunningham
Executive Assistant .....	Charlene Ables
Executive Assistant .....	Donna Holston
Administrative Assistant .....	Meghan Korsmeier



## Swimming Information

<b>Head Coach</b> .....	<b>Mike Keeler</b>
Alma Mater .....	Central Michigan, 1984
years at USD .....	(Eight Seasons)
Keeler's email .....	mkeeler@sandiego.edu
<b>Assistant Coach</b> .....	<b>Shawna Ghausi</b>
Alma Mater .....	UC San Diego, 1998
Ghausi's email .....	shawnac@sandiego.edu
<b>Diving Coach</b> .....	<b>Tori Cadora</b>
Alma Mater .....	Missouri, 2002
Cadora's email .....	tcadora@cox.net
Meet Referee .....	Tim Goins
Meet Announcer .....	Don Watkins
Home Pool .....	USD Sports Center (outdoor)
Office Phone .....	(619) 260-2372
Office Fax .....	(619) 260-7750
Mailing address .....	5998 Alcala Park
	San Diego, CA 92110

[www.usdtoreros.com](http://www.usdtoreros.com)



ROSTER	SCHEDULE/RESULTS	NEWS	ARCHIVES
<b>TOP STORIES</b> <div>  <p><b>6/15/05 USD Places Four Student-Athletes on WAC All-Academic Team</b>            (Denver, CO) - Four University of San Diego student-athletes were honored by The Western Athletic Conference (WAC) as WAC All-Academic Team selections. All-America junior swimmer Ashley Swart (3.75 GPA - Diversified Liberal Arts), sophomore teammate's Kristin Frick (3.25 GPA - Visual Arts), Shala VanGerpen (3.67 GPA - Accountancy) and freshman Joy Miller (3.53 - Undeclared) pictured were listed among the WAC's top student-athletes. As a team, San Diego posted a combined GPA of 3.15. (more)</p> </div> <div>  <p><b>3/05 San Diego Finishes First Season in the WAC</b>            Under the guidance of seventh-year Toreros head coach Mike Keeler, the University of San Diego Swimming and Diving program joined the Western Athletic Conference (WAC) in 2004-05. San Diego traveled to San Antonio, Texas in late February to make its first team appearance at the WAC Championships. Several USD student-athletes turned in outstanding times, however for the first time in three seasons the Toreros did not have any NCAA qualifiers.</p> </div>			
<b>NOTES</b> <div> <p><b>2004-05 Season</b></p> <ul style="list-style-type: none"> <li>Roster</li> <li>Team Photo</li> <li>Meet Results</li> </ul> <p><b>Sports Center Pool</b></p> <ul style="list-style-type: none"> <li>View Pool</li> </ul> <p><b>Top Times</b></p> <ul style="list-style-type: none"> <li>USD School Records &amp;</li> <li>2004-05 Top Times (3/1/05) &amp;</li> </ul> <p><b>Western Athletic Conference (WAC)</b></p> <ul style="list-style-type: none"> <li>WAC Swimming &amp; Diving</li> </ul> <p><b>Feature Articles</b></p> <ul style="list-style-type: none"> <li>Honolulu Advertiser</li> </ul> </div>			

Visit USD's official athletic website ([www.usdtoreros.com](http://www.usdtoreros.com)) for all the latest news on Torero Swimming and Diving

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20	San Diego, California



ON THE COVER: Senior Ashley Swart (R) and junior Kristin Frick (L)

## ACKNOWLEDGEMENTS

**2006 USD Swimming and Diving Media Guide** was written, edited and produced by Ryan McCann  
**Photography:** Brock Scott and Tom Cho  
**Printing:** Kings Printing Corporation

**Back Cover Team Photo ID:** Top row (l-r): Head coach Mike Keeler, Eleanor Deleon, Ashley Frederickson, Leoho'onani Reyes, Samantha Jafari, Claire Altenau, Shala VanGerpen, Brittany, Cramer, Anna Fambrini  
 Bottom row (l-r): Diving coach Tori Cadora, Nicole Draa, Sara Gleason, Joy Miller, Ashley Swart, Ashley Rose, Kristin Frick, Kelly Cobourn, Erin Voyles, Meghan Peter, Asst. Coach Shawna Ghausi



# 2005-06 University of San Diego Swimming and Diving

## San Diego completes its second year in the WAC

The University of San Diego Swimming and Diving program finished their second complete season as a member of the Western Athletic Conference (WAC) in 2005-06, having improved upon their inaugural season last year achieving major milestones for the program.

Team accomplishments this past season included a stellar performance earning three individual gold medal winners at the WAC Championships in San Antonio, Texas; three athletes made All-Academic honors for the WAC; and for the third time in her career, senior Ashley Swart made an appearance at the NCAA Championships in Athens, Georgia.

"The 2005-06 season was a challenging year as a team," said head coach Mike Keeler. "We had a tough schedule with several meets coming down to the last relay."

At the conference championships in April, the Toreros took home three gold medals. The medals came in the 200 individual medley, the 400 yard individual medley, and the 200 breaststroke.

"Our conference meet was a step in the right direction as we were able to win three events, a first for the University of San Diego," said Keeler. "We would like to have moved up as a team but we are moving in the right direction."

During the regular season the Toreros posted defeats over Cal State Northridge 163-125, Cal Poly by a score of 189-108, as well as finishing 11th overall at the Speedo Cup ahead of UC Santa Cruz, Pepperdine, and Cal Poly.

For the 2006-07 season, the Toreros have recruited one of the largest classes in the program's history.

"We are excited to have a very large incoming freshman class that should almost double our team size," said Keeler. "Within this freshman class over half have conference scoring times entering the season."

These new additions to the team combined with returning individuals from last season is expected to drive the level of competition way up commented Coach Keeler.

"These incoming student-athletes will make for some fierce rivalry in practice and at meets which will help us grow tremendously."

The USD swimming and diving team is slated to begin their fall dual meet schedule in early October in preparation for conference competition that is scheduled to begin in February.



*San Diego's Ashley Swart has qualified three times in her career for the NCAA Championships*

## 2006 WAC Championships - Final Team Scores

1. Hawaii (775.5)
2. Nevada (727)
3. Northern Arizona (609.5)
4. San Jose State (524.5)
5. Idaho (362.5)
6. New Mexico State (313)
7. San Diego (214)



## The WAC in 2006

Hawaii  
Idaho  
Nevada  
New Mexico State  
Northern Arizona  
San Jose State  
San Diego



# PRACTICE LIKE A CHAMPION...

## USD's top-times in 2005-06

### 50 Yard. Freestyle

Ashley Swart	24.53	WAC Conf 2/23/06
Megan Peter	24.54	WAC Conf 2/23/06
Ashley Rose	25.01	WAC Conf 2/23/06

### 100 Yard. Freestyle

Ashley Swart	52.49	UCLA 10/22/05
Megan Peter	53.17	WAC Conf 2/25/06
Erin Voyles	54.58	WAC Conf 2/25/06

### 200 Yard Freestyle

Ashley Swart	1:51.56	Speedo Cup 11/18/05
Erin Voyles	1:55.43	LMU 1/7/06
Kelly Cobourn	1:57.34	WAC Conf 2/24/06

### 500 Yard. Freestyle

Ashley Swart	4:52.04#	Speedo Cup 11/17/05
Erin Voyles	5:07.23	WAC Conf 2/23/06
Samantha Jafari	5:11.47	Speedo Cup 11/17/05

### 1000 Yard. Freestyle

Eryn Voyles	10:48.86a	UNR/CPOL 1/14/06
Samantha Jafari	10:50.92	UCLA 10/22/05
Kelly Cobourn	10:56.58	SJSt.NMSt 1/11/06

### 1650 Yard Freestyle

Anna Fambrini	18:27.09	WAC Conf 2/25/06
Sam Jafari	18:32.26	Shootout 11/04/05

### 100 Yard. Backstroke

Ashley Rose	0:59.50	WAC Conf 2/24/06
Nicole Draa	1:01.00	WAC Conf 2/24/06
Brittany Cramer	1:02.51	WAC Conf 2/24/06

### 200 Yard. Backstroke

Ashley Rose	2:05.19	WAC Conf 2/25/06
Samantha Jafari	2:14.97	WAC Conf 2/25/06
Brittany Cramer	2:16.34	Speedo Cup 11/19/05

### 100 Yard. Breaststroke

Ashley Swart	1:05.16	UCSD 1/21/06
Megan Peter	1:06.71	UCLA 10/22/05
Leoho'onani Reyes	1:13.11	LMU 1/7/06

### 200 Yard Breaststroke

Ashley Swart	2:16.77#@	Shootout 11/04/05
Megan Peter	2:29.34	NAU 1/20/06
Leoho'onani Reyes	2:40.03	SJSt/NMSt 1/11/06

### 100 Yard. Butterfly

Joy Miller	0:58.92	LMU 1/7/06
Megan Peter	0:59.58	Speedo Cup 11/18/05
Kelly Cobourn	1:00.68	WAC Conf 2/24/06

### 200 Yard. Butterfly

Joy Miller	2:08.22	WAC Conf 2/25/06
Kelly Cobourn	2:13.75	UCSD 1/21/06
Brittany Cramer	2:21.70a	UNR/CPOL 1/14/06

### 200 Yard. Individual Medley

Ashley Swart	2:04.72	WAC Conf 2/23/06
Megan Peter	2:10.94	Speedo Cup 11/17/05
Joy Miller	2:11.55	WAC Conf 2/23/06

### 400 Yard. Individual Medley

Ashley Swart	4:18.44#@	Speedo Cup 11/18/05
Sam Jafari	4:50.57	Shootout 11/04/05
Brittany Cramer	5:05.68	Speedo Cup 11/17/05

### 200 Yard. Freestyle Relay

Swart, Peter, Cobourn, Rose	1:38.34	WAC Conf 2/23/06
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### 400 Yard. Freestyle Relay

Peter, Cobourn, Voyles, Swart	3:33.37	WAC Conf 2/25/06
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### 800 Yard. Freestyle Relay

Cobourn, Miller, Voyles, Swart	7:44.80	WAC Conf 2/22/06
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### 200 Yard. Medley Relay

Rose, Peter, Miller, Cobourn	1:49.85	WAC Conf 2/22/06
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### 400 Yard. Medley Relay

Rose, Swart, Miller, Peter	3:56.62	WAC Conf 2/24/06
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#### KEY

Italic = School record

\$ = WAC Conference Record

@ = USS National Championships qualifying time

# = NCAA Championship provisional qualifying time

% = NCAA Championship automatic qualifying time

a = altitude adjusted



## 2005-06 University of San Diego Swimming and Diving

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### Head Coach Mike Keeler

Mike Keeler has done a remarkable job at USD in the development of San Diego's swimming and diving program since taking over as the Toreros head coach in the fall of 1998. Spanning eight complete seasons, Keeler's student-athletes have shattered virtually every school record. Under his guidance the Toreros won back-to-back team titles at the Pacific Collegiate Swimming Conference Championships (2000 & 2001) and made the school's first-ever appearance in the NCAA Championships (2003) - setting the table for San Diego's successful bid for membership in the Western Athletic Conference (WAC) in 2005.

Keeler, a two-time PCSC Coach of the Year, has a track record of recruiting and developing outstanding student-athletes. In USD's six seasons in the PCSC under his direction, 10 different Toreros established conference records while 30 were recognized as all-conference performers. In 2003, USD placed 38th nationally at the NCAA Championships behind the efforts of then-freshman standout and All-America honorable mention Ashley Swart.

Prior to USD, Keeler served as assistant men's swim coach at Purdue University in Indiana for five seasons. Keeler held assistant swim coaching posts for the women's swimming program at Purdue (1993-94), similar men's and women's positions at the University of Miami (1991-93) and at Michigan State (1988). Through the 1989-91 seasons, Keeler was the assistant men's coach for Michigan State.

Throughout his extended collegiate coaching career, Keeler has recruited and trained men and women who have scored as high as third at the NCAA Championships. At Purdue, Keeler assisted in coaching the Boilermakers to a 34th place finish at the 1998 NCAA Championships with five individuals being awarded All-American honors. At the 1997 NCAA Championships, the team placed 19th with four All-Americans and four championship finalists. At the conference level, in a four year span, Purdue produced 12 Big Ten Champions, 55 Academic All-Big Ten honorees and eight national academic All-American recipients.

Besides his collegiate coaching experience, Keeler worked as camp director and guest speaker at the Elite Olympic Development Camp at the Olympic Training Center in Colorado Springs; Co-Camp Director at Michigan State (summer, 1993); head senior coach for Hurricane Aquatics (summer, 1992); and as head coach for the Spartan Swim Club (summer, 1989).

A 1984 graduate of Central Michigan University, Mike earned his B.S. Degree in Physical Education. He went on to earn his M.S. degree in Physical Education, with an emphasis on Coaching and Athletic Administration, at Michigan State in 1992. He is currently a member of the United States Swimming, College Swim Coaches Association, and the American Swim Coaches Association. He was the lead-author of "Biomechanical Analysis: Stroke Frequency/Velocity Testing Protocol", an article that appeared in the United States Swimming Magazine "Coaches Quarterly." Mike and his wife Michele have three children, Matthew (15), Mitchell (12) and Mayce (10).



### Assistant Coach Shawna Ghausi

Shawna Ghausi returned to USD, hired as the Toreros' top assistant in 2003-04. Ghausi had previously held a similar position at USD during both the 2000 and 2001 seasons, helping San Diego win back-to-back PCSC Conference Championships. Her coaching experience includes serving as an assistant at Rice in 2002 and more recently as the assistant water polo coach at UC San Diego in 2003. Originally from Turlock, California, Ghausi graduated from UCSD in 1998 after obtaining degrees in both Philosophy and Psychology. Ghausi was a record-setting swimmer at UCSD. Along with earning three varsity letters swimming for the Tritons, she was part of a UCSD water polo team that won the 1994 National Championship.



### Diving Coach Tori Cadora

Tori Cadora enters her first year with USD, hired as the diving coach for the Toreros. She attended University of Missouri graduating with a degree in biology. She was a four year member of the Tiger's swimming and diving team. She chose to coach at San Diego because of her love for the sport. Cadora has been married for two years to her husband Kevin, and they have a daughter Kylie.



## PRACTICE LIKE A CHAMPION...



**Back Cover Team Photo ID:** Top row (l-r): Head coach Mike Keeler, Eleanor Deleon, Ashley Frederickson, Leoho'onani Reyes, Samantha Jafari, Claire Altenau, Shala VanGerpen, Brittany Cramer, Anna Fambrini

**Bottom row (l-r):** Diving coach Tori Cadora, Nicole Draa, Sara Gleason, Joy Miller, Ashley Swart, Ashley Rose, Kristin Frick, Kelly Cobourn, Erin Voyles, Meghan Peter, Asst. Coach Shawna Ghausi

### 2005-06 University of San Diego Swimming and Diving Roster

Name	Yr.	Events	Hometown/Last School
Altenau, Claire	SO	Free/Back	San Diego, CA/Academy of Our Lady Peace HS
Cobourn, Kelly	SR	Free/Back/Fly	Plano, TX/Plano West HS
Cramer, Brittany	FR	Fly/Back	Sonoma, CA/Sonoma Valley HS
Deleon, Eleanor	JR	Fly/IM	Buena Park, CA/Sunny Hills HS/Cal State Monterey Bay
Draa, Nicole	SR	Free/Back	Manteca, CA/Sierra HS
Fambrini, Anna	SO	Distance/Free	Martinez, CA/Carondelet HS/Diablo Valley CC
Frederickson, Ashley	FR	Diver	Fort Collins, CO/Rocky Mountain HS
Frick, Kristin	JR	Diver	Sacramento, CA/Santa Catalina HS
Gleason, Sarah	FR	Free	Poulsbo, WA/Bainbridge HS
Jafari, Samantha	FR	Free/Back	Glendora, CA/Glendora HS
Miller, Joy	SO	Fly/IM/Back	Bainbridge Island, WA/Bainbridge HS
Peter, Meghan	JR	Breast/IM/Fly	Santa Rosa, CA/Santa Rosa JC
Reyes, Leoho'onani	SO	Sprint/Free/Breast	Kaunakakai, HI/Kamehameha HS/Chapman University
Rose, Ashley	SR	Backstroke	Kailua-Kona, HI/Kealahou HS
Swart, Ashley	SR	IM/Breast/Free	Honolulu, HI/Kaiser HS
VanGerpen, Shala	JR	Fly/Free	Edmonds, WA/Kamiak HS
Voyles, Erin	FR	Free	Austin, TX/Westlake HS

Head Coach: Mike Keeler (Central Michigan, 1984)  
 Assistant Coach: Shawna Ghausi (UC San Diego, 1998)  
 Diving Coach: Tori Cadora (Missouri, 2002)





# 2005-06 University of San Diego Swimming and Diving



**Claire Altenau**  
*Sophomore*  
*Free/Back*  
*San Diego, CA*  
*Academy of Our Lady Peace*

## **Sophomore in 2005-06**

Sophomore in 2005-06: Had a top ten finish against the UCLA Bruins in the 50 yard freestyle ... Captured a top five finish against the CSU Northridge in the 100 yard freestyle ... Three top ten finishes against LMU in the 500 yard freestyle, the 100 yard freestyle, and the 100 yard backstroke.

## **Freshman in 2004-05**

Swam the 100, 200, 500 & 1650 yard Freestyle events at the 2005 WAC Championships... Placed 5<sup>th</sup> in the 100 yard Backstroke in the USD Quadrangular vs. Nebraska, Nevada and Rice... Out-swam 23 competitors at the 2004 Speedo Cup with a time of (28:02) in the 50 yard Freestyle... Placed 5<sup>th</sup> in the 200 yard Backstroke against UCLA.

## **Prep**

Attended Academy of our Lady of Peace in San Diego... Four-year varsity award-winner... Varsity team captain as a senior... Led the Pilots to back-to-back Western League Championships as a junior and senior... Also swam for the City of San Diego Swim Club team.

## **Personal**

Born on May 5, 1987 in San Diego... Her father, Lance Altenau, was also a collegiate swimmer.



**Kelly Cobourn**  
*Senior*  
*Free/Back/Fly*  
*Plano, TX*  
*Plano West HS*

## **All-PCSC First Team 2003 & 2004**

Part of two USD & PCSC record-setting relay teams

## **Senior in 2005-06**

Finishes her final season with the Toreros ... A member of USD's 400 freestyle relay helping to capture multiple first and second place finishes through out the season ... Also has appeared in the 1000 yard freestyle capturing fourth place against WAC opponent's San Jose State and New Mexico State ... Picked up a third place finish in the 50 yard freestyle against the Spartans and the Aggies ... Picked up a third place finish (1:01.17) in the 100 yard butterfly ... Picked up three top ten finishes against UCLA in the 200 yard freestyle, the 100 yard freestyle, and the 100 yard butterfly.

## **Junior in 2004-05**

Continues to be an integral part of San Diego's program, posting a number of USD top-3 times as a junior... Key member of Toreros' top 800 and 400 yard Freestyle Relay teams... Helped USD post a season best times of (7:37.68) and (3:33.87) in the 800 and 400 Freestyle Relay events at the 2005 WAC Championships... Turned in a top-25 finishing time in the finals of the 200 Freestyle (1:55.91) at the conference

championships, that time was also a top-3 time in the event for all Toreros in 2004-05... Finished 12<sup>th</sup> overall in the finals of the 200 Butterfly (2:09.95) at the WAC's... Helped USD finish 2<sup>nd</sup> in the 400 Freestyle Relay against both Northern Arizona and UCSD... Placed 2<sup>nd</sup> individually in the 200 Freestyle (1:59.21) vs. LMU... Out-swam over 50 competitors in the 100 Butterfly (59.62) at the 2004 Speedo Cup... Was also a top-tier finisher in the 200 Freestyle (1:58.39) and 200 Butterfly (2:12.36) at the Speedo Cup... Placed 11<sup>th</sup> in the 200 Freestyle (1:59.65), 14<sup>th</sup> in the 200 Butterfly (2:15.81) at the Big West Shootout.

## **Sophomore in 2003-04**

Named to the All-PCSC First Team for second consecutive year... Part of relay team that placed 1st in the 800 yard Freestyle Relay at the PCSC meet... Individually, Cobourn placed 4th in the 500 yard Freestyle (5:07.72) and 6th in the 200 yard Butterfly (2:09.51)... Her time of 1:54.30 in the 200 yard Freestyle was good enough for 11th place at the PCSC Championships and was the second best time for any Torero this year... Placed 11th at the Irvine Speedo Cup in the 200 Free (1:55.00) and 13th in the 200 Fly (2:09.21)... Clocked in at 2:09.98 in the 200 Butterfly to place first against UCSD... Came in 4th against UCLA in the 200 Fly (2:33.08), 100 Free (1:03.55), and 100 Fly (1:11.04).

## **Freshman in 2002-03**

Finished an outstanding freshman season by being named to the All-PCSC conference team... Helped San Diego shatter the school and league record in both the 400 yard Freestyle relay (3:28.93) and the 800 yard Freestyle relay (7:32.53) at the PCSC Championship meet... Cobourn's time of (1:54.53) in the 200 Freestyle at the PCSC's placed her 6th overall in the event and was 3rd best for any Torero in '03... Excelled in the 100 yard Butterfly, where she posted a personal best time of (59.72) against UCSD... Came in 7th overall in the 200 Butterfly (2:08.68) at the PCSC Championships... 7th in the 500 Freestyle (5:08.51) at the PCSC's.

## **Prep**

Highly recruited swimmer out of Plano, Texas and Plano West High School... Team captain and MVP as both a junior and senior... Earned countless accolades as prep, which included all-district, all-regional and all-state honors as an upperclassman... Won a district championship as a senior... Coached by B.J. Warren at Plano West... Swam for the Dallas Mustangs club program.

## **Personal**

Came to USD for the academics, location and swimming program... Also recruited by Missouri, Texas A&M and TCU... Born on February 7, 1984 in Houston, Texas... Loves baking... Youngest of four children... Daughter of Bill and Kathy Cobourn of Plano.





## PRACTICE LIKE A CHAMPION...



**Brittany Cramer**  
Freshman  
Back/Fly  
Sonoma, CA  
Sonoma Valley HS

### Freshman in 2005-06

A specialist in the backstroke and the butterfly ... lead swimmer in the 200 yard medley relay ... Second place finish in a time of 1:04.63 against CSU Northridge ... Finished with a 2:26.52 in the 200 yard Individual medley and a 2:21.38 in the 200 yard back stroke against San Jose State and New Mexico State ... Is in the top three on USD's top times list in the 100 yard backstroke, 200 yard backstroke, and 200 yard butterfly.

### Prep

Graduated from Sonoma Valley High School... Helped her team to an undefeated season her sophomore year and was named MVP by her team... Junior year, was a captain of the team leading them to an undefeated season and named MVP... In her senior year, she was once again named captain and led her team to the SCL championship and won... She also participated in volleyball while in high school.

### Personal

Psychology major... Came to USD to swim, location and small classes... Also recruited by Pacific University... Born on June 30, 1987 in Sonoma, California... Is the middle child of seven children... Daughter of Stephen and Tami of Sonoma.



**Eleanor Deleon**  
Junior  
Fly/IM  
Buena Park, CA  
Sunny Hills HS

### Freshman in 2005-06

Sat out much of the year as a Torero due to injury ... made a brief appearance at Conference Championships ... expected to return next year.

### Prep

A graduate of Sunny Hills High School, she was a scholar athlete and a CIF Qualifier her sophomore, junior and senior year... She was coached by Al Reyes at Sunny Hills.

### Personal

Liberal Studies major... Came to USD for the weather and the people... Born on November 19, 1985 in Bellflower, California... Daughter of Robert and Racquel of Buena Park.



**Nicole Draa**  
Senior  
Free/Back  
Manteca, CA  
Sierra HS

### All-PCSC First Team 2003

Part of two USD & PCSC record-setting relay teams

### Senior in 2005-06

Was out most of the season rehabilitating an injury ... Made an appearance at the WAC Championships swimming in the 100 yard back stroke finishing 18th in a time of 1:01.00.

### Junior in 2004-05

Clocked a number of Torero top-3 times in Freestyle and Backstroke events while continuing to be a key contributor to USD's Freestyle Relay efforts... Helped USD post season's best times of (7:37.68), (3:33.87) and (1:36.93) in the 800, 400 and 200 Freestyle Relay events at the 2005 WAC Championships... Posted a USD top-3 time of (1:00.19) in the 100 Backstroke to place in the finals of that event at the WAC Championships... San Diego's top finisher in the 100 and 200 Freestyle events against Northern Arizona... Placed 2<sup>nd</sup> in the 100 Backstroke (1:01.69) vs. UCSD... Finished 8<sup>th</sup> in the 100 Backstroke (1:01.80) and 11<sup>th</sup> in the 50 Freestyle (25.30) as USD's top finisher in each event at the Big West Shootout.

### Sophomore in 2003-04

Strong showing at PCSC Championship meet... Her PCSC time of (24.35) in the 50 yard Freestyle was a Torero season best and placed her 7<sup>th</sup> overall at the meet... Placed 4<sup>th</sup> at PCSC's in the 100 yard Backstroke (59.23) and 4<sup>th</sup> in the 100 yard Freestyle (52.89) which was another USD season high time... Was a key member of USD's relay efforts throughout the season... Set several individual season best times... Also had a strong showing at the Irvine Speedo Cup... Placed 10<sup>th</sup> in the 100 yard Backstroke (59.10) at the 2003 Speedo Cup... Member of the 400 Freestyle Relay team that took 1<sup>st</sup> place at the UCSB Dual Meet with a time of (3:43.39)... Took 2<sup>nd</sup> place at the Cal State Northridge Dual Meet in the 100 Free (55.04) and was a member of the 1<sup>st</sup> place 400 Medley Relay team (4:03.13).

### Freshman in 2002-03

Honored as an All-PCSC swimmer as a true freshman... Helped San Diego establish new school and league records in both the 200 yard Medley Relay (1:46.39) and the 400 yard Medley Relay (3:50.88) at the PCSC Championships... Draa was San Diego's top swimmer in the 100 yard Backstroke in 2003... Her PCSC time of (59.83) in the 100 Backstroke was a Torero season best and placed her 7<sup>th</sup> overall at the league championships... Came in 8<sup>th</sup> overall in the 50 Freestyle (24.76) at the PCSC's... Was a key member of USD's relay efforts throughout the season... Individually took 2<sup>nd</sup> out of 25 swimmers in the 200 Backstroke and placed 2<sup>nd</sup> in the 50 Freestyle (25.80) at the UCSD Triton Invite.

### Prep

Came to USD from Manteca, California and Sierra High School... Named team MVP as both a junior and senior... Coached by David Brightenbaker at Sierra... Also competed for the Tiger Aquatic club program.

### Personal

Also recruited by North Texas and St. John's... Born on September 9, 1984 in Walnut Creek, California.



# 2005-06 University of San Diego Swimming and Diving



**Anna Fambrini**  
Sophomore  
Distance, Free  
Martinez, CA  
Carondelet HS

## Sophomore in 2005-06

A transfer student who established herself as a versatile swimmer able to tackle long distance events ... Owns the team top time in 2006 for the 1650 yard freestyle in a time of 18:27.09 accomplished at the WAC Championships ... Captured third place against LMU (11:09.22) in the 100 yard freestyle ... Placed fourth against CS Northridge (11:13.31) in the 1000 yard freestyle ... Took fifth against UCLA (11:13.92) in the 1000 yard freestyle.

## Prep

Recruited by Redlands University... Attended Carondelet High School in Martinez, CA... Coached by Steve Allard... Participant of water polo... swam for the Walnut Creek Aquabears.

## Personal

Undecided major and Business minor... Came to USD for the academics, the small size and location... Born on August 12, 1987 in San Francisco, California... Daughter of Robert and Rose Marie of Martinez.



**Ashley Frederickson**  
Freshman  
Diver  
Fort Collins, CO  
Rocky Mountain HS

## Freshman in 2005-06

Her first year as a Torero showed great skills as a diver consistently placing in the top five in competition ... Scored in the top ten divers competing against UCLA during the preseason ... Placed sixth in both the 1 meter event and 3 meter event at the Redlands Diving competition.

## Prep

A graduate of Rocky Mountain High School... Earned varsity letters her sophomore, junior and senior year... Participant of the state team her junior and senior year... Coached by Kevin Witt... Was a member of Fort Collins Dive Team.

## Personal

Marine Science major... Chose USD for the specific major, the size and location... Born on September 27, 1986 in Fort Collins, Colorado... Daughter of Garry and Janice Frederickson of Fort Collins.



**Kristin Frick**  
Junior  
Diver  
Sacramento, CA  
Santa Catalina HS

## 2005 WAC All-Academic Team (3.25 GPA - Visual Arts)

## Junior in 2005-06

Placed in the WAC Championship 1 meter diving competition ... Often picked up points unopposed during competition ... Placed second in the one meter diving event against conference opponents University of Nevada-Reno and Cal Poly ... Placed fourth against conference opponents New Mexico State and San Jose State.

## Sophomore in 2004-05

Placed in the 1 Meter Diving event at the 2005 WAC Championships... Came in 4<sup>th</sup> in the 1 Meter event vs. UCSD... Competed against Nebraska, Rice and Nevada in the 1 Meter event at the USD Quadrangular.

## Prep

Attended Santa Catalina High School... Earned varsity letters in volleyball and basketball... Won the 'Coaches Award' in basketball her senior year... Volleyball team MVP as a junior... Named 'Most Improved' (volleyball) during her sophomore year... Helped Santa Catalina's volleyball team win the league championship her sophomore and junior years.

## Personal

Visual Art major and Philosophy and Business minor... Chose USD for its location... Born on August 25, 1985 in Sacramento, California... Attended Santa Catalina boarding school in high school... Daughter of Linda Frick of Sacramento.



**Sarah Gleason**  
Freshman  
Free  
Poulsbo, WA  
Bainbridge HS

## Freshman in 2005-06

Her first year as a Torero ... redshirted her first year due to injury ... expected to return next year.

## Prep

A graduate of Bainbridge High School... All-American honors and 2nd place at state as a junior... Led the team her senior year as Captain to 2nd place again as well as All-American honors... Participated in water polo as well... Coached by Greg Colby... Swam for Bainbridge Island Swim Club.

## Personal

Undecided major... Came to USD for warm weather, the swim program and small classes... Highly recruited by University of Arkansas, University of Miami, Rider University, and Syracuse University... Born on February 16, 1987 in Fairfax, Virginia... Is an only child... Daughter of Robert and Stephanie Gleason.



## PRACTICE LIKE A CHAMPION...



### **Samantha Jafari**

*Freshman  
Free/Back  
Glendora, CA  
Glendora HS*

#### **Freshman in 2005-06**

Freshman in 2005-06: In her first year as a Torero, established herself as the distance swimmer for USD ... Holds a top three team time in the 500 yard freestyle, 1000 yard freestyle, and 1650 yard freestyle ... Also holds top times in the 200 yard backstroke and the 400 yard individual medley ... Captured two second place finishes against LMU in preseason action ... A skilled distance swimmer looking to improve over the coming years for USD.

#### **Prep**

A graduate of Glendora High School... Was a CIF finalist and helped her squad to a league championship and 2nd place at CIF... Helped her team again as a senior to a league championship... Coached by Janet Pollard... A member of Industry Hills Aquatic Club.

#### **Personal**

Undecided major... Chose USD for the small campus and location... Also recruited by Drury University... Born on June 14, 1987 in Glendora, California... Youngest of four children... Daughter of Beverly and Davar of Glendora.

Championships... Her time of (2:12.42) in the preliminaries of the 200 IM at the WAC's was the second-best time of any Torero in the event during the season... Placed 12<sup>th</sup> overall as USD's top swimmer in the finals of the 100 Butterfly (58.18) at the WAC's... Placed 2<sup>nd</sup> in both the 100 Butterfly (1:00.14) and the 200 IM (2:19.02) against UCSD... Came in 2<sup>nd</sup> in the 100 and 200 Butterfly events vs. LMU... Turned in a number of top-tier finishes at the 2004 Speedo Cup... Placed 2<sup>nd</sup> in the 100 Butterfly (1:01.64) against UCLA... Placed 5<sup>th</sup> overall in the 100 Butterfly (59.87) at the Big West Shootout.

#### **Prep**

Four-year varsity award-winner during an outstanding prep career... Team captain for Bainbridge High's swimming team and water polo squad as a senior... Helped Bainbridge (Metro League) achieve 2nd place at state her senior year, 3rd as a junior, 2nd as a sophomore and win the state championship as a freshman... Individually, earned All-America honors in the 400 Freestyle... Placed 9th in state competition in both the 100 Butterfly and 200 IM as a senior... 7th place in 100 Butterfly and 10th in 200 IM at state as a junior... Contributed to a school record in the 400 Freestyle Relay her sophomore year... Also a member of the Bainbridge Island Swim Club... Varsity water polo player for three years... Earned Most Inspirational in both swimming and water polo her senior year... Most Improved water polo player her sophomore year... Coached by Craig Colby as a prep.

#### **Personal**

Chose USD for the location, small class sizes and swim program... Born November 1, 1985 in Steamboat Springs, Colorado... Daughter of Maxine and Bill Miller.



*Joy Miller  
Sophomore  
Fly/IM/Back  
Bainbridge Island, WA  
Bainbridge HS*

USD's top swimmer in the 100 & 200 Butterfly as a true freshman  
2005 WAC All-Academic Team (3.53 GPA - Undeclared)  
2006 team elected captain  
2006 X-Box Live Athlete of the Week

#### **Sophomore in 2005-06**

One of San Diego's two WAC Athletes of the Week honorees for her January 10th performance against LMU ... Scored 22 individual points for USD against the Lions ... captured two first place finishes in the 200 yard butterfly and the 100 yard butterfly and a second place finish in the 200 yard individual medley ... Also posted 13th place swimming in the B Final of the 100 yard butterfly at the WAC championships ... Holds the USD top time for the 100 yard butterfly (0:58.92) and the 200 yard butterfly (2:08.22) this season, and is in the top three for the 200 yard individual medley ... Is also a part of three relay teams holding a top time.

#### **Freshman in 2004-05**

San Diego's top swimmer in the 100 yard and 200 yard Butterfly... Named USD's Most Improved Swimmer... Her time of (2:07.94) in the 200 Butterfly at the 2005 WAC Championships was good for 6<sup>th</sup> place overall... Helped USD establish a pair of season-best times in the 200 Medley Relay (1:49.50) and 400 Medley Relay (3:57.32), both achieved at the conference championships... Placed in the 200 yard IM at the WAC



*Meghan Peter  
Junior  
Fly/Breast/IM  
Santa Rosa, CA  
Santa Rosa JC*

#### **Junior in 2005-06**

A strong transfer from Santa Rosa JC ... is part of the top times list in ten different individual and relay lists ... Took second place in her first appearance as a Torero against UCLA with a time of 1:06.71 ... Was a participant in four different relay teams for USD showing great versatility ... Finished the season with second place in the 100 yard breaststroke B Final at the WAC Championships with a time of 1:06.87.

#### **Prep**

Graduated from SCOE high school... A member of the Santa Rosa Neptune's club team.

#### **Personal**

Undecided major... Came to USD for the team and coaches, academics and location... Also recruited by Syracuse University, University of the Pacific, UC Davis, and UMass... Born on March 27, 1986 in Santa Rosa, California... Daughter of Bill and Lynne of Santa Rosa.



# 2005-06 University of San Diego Swimming and Diving



**Leoho'onani Reyes**  
*Freshman*  
*Sprint/Free/Breast*  
*Kaunakakai, HI*  
*Kamehameha HS*

## Junior in 2005-06

A transfer from Chapman University ... Reyes specialized in the breaststroke events ... Holds a team top time in the 100 yard breaststroke and the 200 yard breaststroke ... posted a 15th place finish in the 100 yard breaststroke at the Big West Shootout with a time of 1:16.37 ... Also posted a 15th place finish in the 200 yard breaststroke at the Big West Shootout with a time of 2:47.67 ... Consistent finisher and solid swimmer for her first season as a Torero.

## Prep

A graduate of Kamehameha high school... Was a two-time team captain her junior and senior year... Also honored for Outstanding Academics all four years on the team... Received varsity letters in Kayaking and Water Polo... Coached by John Flanagan and Ben Narry... Swam for the Kamehameha swim club.

## Personal

Undecided major... Came to USD because of the beautiful campus and outstanding programs in both academics and athletics... Born on January 18, 1986 in Honolulu, Hawaii... Loves surfing... Daughter of Fred and Louann of Kaunakakai.



**Ashley Rose**  
*Senior*  
*Backstroke*  
*Kailua-Kona, HI*  
*Kealakehe HS*

**2005 All-WAC Team Member**  
**2005 San Diego team captain**  
**2004 First Team ALL-PCSC selection**

## Senior in 2005-06

Rose caps her career as a Torero with three top times this past season ... Swam in medley relay's for the Toreros posting top times as part of the 200 free relay, the 200 medley relay, the 400 medley relay events ... as well as posting top times in the 200 yard back stroke at WAC Swimming and Diving Championships ... Rose had multiple first place finishes through out the season ... Scored 12 individual points against LMU ... Posted a 15th place finish at the WAC championships as well as a 6th place finish in the 200 yard backstroke with a time of 2:05.19.

## Junior in 2004-05

Honored as a San Diego team captain... Essential component of USD's relay efforts while pacing all Torero swimmers in a number of backstroke events... Swam a USD season-best time of (59.26) in the 100 yard Backstroke at the 2005 WAC Championships... Helped the Toreros establish top times in the 200 Freestyle Relay (1:36.93), 200 Medley Relay (1:49.50) and the 400 Medley Relay (3:57.32)- all achieved at the conference championships.. Swam a (24.57) in the 50 Freestyle at the WAC's... Placed 12<sup>th</sup> overall and was USD's top swimmer in the

200 Backstroke (2:06.41) at the WAC's... Out-swam all competition, placing 1<sup>st</sup> in the 100 Backstroke (59.99) vs. UCSD... Posted three 2<sup>nd</sup> place finishes against LMU... Placed 10<sup>th</sup> overall in the 200 Backstroke (2:11.43) at the Big West Shootout... Finished 2<sup>nd</sup> and was USD's top finisher in the 100 Backstroke (1:01.73) at the USD Invitational.

## Sophomore in 2003-04

Concluded an excellent sophomore season with the Toreros by being named to the All-PCSC First Team... Had an incredible finish at the 2004 PCSC Championships... Clocked in at (2:05.94) in the 200 yard Backstroke to place 2<sup>nd</sup>... Helped USD take 5th in the 200 Freestyle Relay (1:37.97) at the league championship meet... Rose's time of (59.35) in the 100 Backstroke placed her 5th at the PCSC meet and was the 2nd best time for any Torero during the season in that event... Swam the 100 Backstroke in (1:00.76) to place 22nd at the 2003 Speedo Cup... Out-swam the competition in both the 100 Backstroke (1:00.36) and the 200 Backstroke (2:10.36) to take first place in both events against UCSD... Was a key member of several Torero relay teams who swam strongly at both the Speedo Cup and the PCSC Championships while setting several Torero top times.

## Freshman in 2002-03

Posted a USD season best time in the 200 yard Backstroke (2:09.11)... Also notched a USD top-2 time in the 100 Backstroke (1:00.71) at the league championships... Her 200 IM time of (2:14.04) at the PCSC's was good for 15th overall and was a USD team top-3 time on the year... Placed 8th in the 200 Backstroke at the PCSC's and her time in the 100 Backstroke at the league championship meet was good for 9th place overall as well... Won the 100 and 200 Backstroke outright against conference rival UCSD... Also won the 200 Backstroke at the Pepperdine Invite.

## Prep

Standout swimmer and water polo player at Kealakehe High School... Named swim team MVP for three consecutive seasons... Served as team captain as a senior... While swimming for the Kona Aquatics club team, Rose won the state championship in the backstroke events... Qualified for state sectionals as both a junior and senior... Coached by Steve Borowski at Kealakehe HS.

## Personal

Chose to attend USD for the weather, people, coaching staff and academic programs... Born on August 3, 1984... Daughter of Rick and Holly Rose.





# PRACTICE LIKE A CHAMPION...



**Ashley Swart**  
Senior  
IM/Breast/Free  
Honolulu, HI  
Kaiser HS

Three-time NCAA Championship qualifier  
2006 All-WAC Team Member  
2005 WAC All-Academic Team (3.75 GPA - Diversified Liberal Arts)  
2003 NCAA finalist & NCAA All-America Honorable Mention  
2003 & 2004 NCAA Academic All-American  
2003 PCSC co-Swimmer of the Year  
Three-time USD Swimmer of the Year  
Twice named All-PCSC First Team selection (2003 & 2004)  
Broke six individual USD school records as a true freshman  
Member of four USD and PCSC record setting relay teams

## Senior in 2005-06

Finishes her career at USD with an appearance at the NCAA National Swimming and Diving Championships ... broke her personal record swimming 4:52.04 in the 500 freestyle at the Speedo Cup ... Swart finished with over 20 first place finishes this past season ... Swart swam in four different individual events and two relay events throughout the season ... Recorded two first place finishes in the 200 fly and 200 breast against conference opponents New Mexico State and San Jose State ... Was named the X-Box Live WAC Swimming and Diving Athlete of the Week on November 7 for her performance at the Big West Shootout ... Medaled at the WAC Swimming and Diving Championship in the 200 yard individual medley, the 200 yard breaststroke, and the 400 yard individual medley. Swart was named to the WCC first team All-Conference for her stellar season.

## Junior in 2004-05

Continues to establish herself as one of the best swimmers in San Diego school history... Named the USD Swimmer of the Year for the third consecutive season... Swam two NCAA Championship provisional consideration times, but did not compete in the NCAA Championships... Placed 2<sup>nd</sup> overall in the 400 IM (4:19.11) at the 2005 WAC Championships, a time that was an NCAA Championship provisional and USS National Championship qualifying swim... Also turned in a 3<sup>rd</sup> place time in the 200 IM (2:02.86) at the WAC's, another NCAA and USS consideration swim... Swam in four of USD's five top relay teams... Posted USD-best times in eight different events during the season... Placed 5<sup>th</sup> in the 200 yard Backstroke (2:18.36) at the WAC's, the best time for any Torero in that event in 04-05... Won three different events vs. NAU, including season-best time of (1:06.12) in the 100 Breaststroke... Placed 1<sup>st</sup> in the 200 IM (2:06.55) against UCSD... Out-swam over 125 swimmers to place 4<sup>th</sup> in the 200 IM (2:03.76) at the 2004 Speedo Cup... Clocked in at (4:19.36) to finish second in the 400 IM at the Speedo Cup... Placed 1<sup>st</sup> in the 200 IM (2:09.04) against UCLA... Posted a number of top-5 finishes at the Big West Shootout, including winning the 400 IM (4:23.08) outright.

## Sophomore in 2003-04

Qualified and placed 43<sup>rd</sup> nationally in the 400 meter Individual Medley event (4:51.13) at the 2004 NCAA Championships in College Station, Texas... Also qualified and placed 37<sup>th</sup> nationally in the 200 meter Breaststroke event with a time of (2:33.11)... Named to the All-PCSC First Team for the second consecutive year... Swam into 1st place in the

800 Free Relay (7:36.25), the 200 IM (2:04.79), and the 400 IM (4:22.49) at the PCSC Championship meet... Placed 2<sup>nd</sup> in the 200 Breaststroke (2:19.26) and 3<sup>rd</sup> in both the 400 Medley Relay (3:54.38) and the 400 Freestyle Relay (3:32.29)... Finished in 1st place in the 500 Freestyle (4:53.15), the 400 IM (4:17.06), and the 1650 Freestyle (16:51.84) at the Irvine Speedo Cup... All three of these times were NCAA qualifying times... Was the only Torero to compete in the US Open competition where she placed 22<sup>nd</sup> in the 200 IM (2:21.81), 27<sup>th</sup> in the 200 Breaststroke (2:39.20) and 46<sup>th</sup> in the 400 IM (5:04.91)... Posted 13 individual top Torero times this season and 5 top times with relay teams... Shattered 3 meet records and took first place in the 200 IM (2:06.44), 200 Breaststroke (2:19.72), and the 200 Butterfly (2:06.07) at this year's UCSD Invite... Also placed 1<sup>st</sup> in the 200 Freestyle with a time of (1:53.85).

## Freshman in 2002-03

Immediately became one of the best swimmers in San Diego's school history... Qualified and placed 11<sup>th</sup> nationally in the 400 IM (4:15.01) at the 2003 NCAA Championships in Auburn, Alabama... Named an NCAA

All America Honorable Mention and Academic All-American (NCAA)... Single handedly allowed USD a No. 38 team placing nation-wide swimming three events at the NCAA Championships... Named the PCSC co-Swimmer of the Year and earned All-PCSC honors... Shattered six individual school records, swimming times of... (4:53.69) in the 500 Freestyle... (10:09.05) in the 1000 Freestyle... (1:04.04) in the 100 Breaststroke... (2:16.63) in the 200 Breaststroke... (2:02.84) in the 200 IM... (4:15.01) in the 400 IM... Individually set a pair of new PCSC all-time records in both IM events... Won the 200 IM (2:02.95) outright at the PCSC Championships, breaking an all-time league and school mark held by USD teammate Carolyn Gorrick... Also placed first in the 400 IM (4:18.27) at the PCSC's and later on in the postseason swam a time of (4:15.01) in the event at the NCAA Championships... Led the Toreros to four PCSC and USD all-time relay records in the 400 (3:28.93) and 800 (7:32.53) yard Freestyle relay events as well as the 200 (1:46.39) and 400 (3:50.88) IM relay events... Was an NCAA automatic qualifier and a USS National Championships qualifier.

## Prep

State record holder in the 200 IM and 500 Freestyle after winning her third straight state championship in both events as a senior at Kaiser High School in Honolulu, Hawaii... All-State, all-conference and Swimmer of the Year award winner as a prep athlete... Coached by Reinhardt Lai Hipp and Sean Barrett... Starred for the Kamehameha club team.

## Personal

Education major... Born on September 9, 1984... Daughter of Corinda and Dennis Swart... Chose to attend USD because of the swimming program, location and the weather... Likes to surf.

Ashley Swart owns seven of USD's 14 all-time individual records while also contributing to four record-setting relay teams. Below is a list of USD records established by Swart...

Individual Event		Record Time	Season	
500	Freestyle	4:52.04	2005	
1000	Freestyle	10:05.06	2004	
1650	Freestyle	16:51.84	2004	
100	Breaststroke	1:04.04	2003	
200	Breaststroke	2:16.26	2004	
200	Individual Medley	2:02.84	2003	
400	Individual Medley	4:15.01	2003	
Relay Event		Team	Record Time	Season
400	Freestyle Relay	Bourne, Cobourn, Swart, Gorrick	3:28.93	2003
800	Freestyle Relay	Swart, Cobourn, Bowman, Gorrick	7:32.53	2003
200	Medley Relay	Draa, Swart, Gorrick, Bourne	1:46.39	2003
400	Medley Relay	Draa, Swart, Gorrick, Bourne	3:50.88	2003



## 2005-06 University of San Diego Swimming and Diving



**Shala VanGerpen**  
Junior  
Fly/Free  
Edmonds, WA  
Kamiak HS

**2005 WAC All-Academic Team (3.67 GPA – Accountancy)**  
**2006 team elected captain**

### Junior in 2005-06

Redshirted this past season due to injury ... Is slated to return to the line-up next season for the Toreros.

### Sophomore in 2004-05

Consistently one of San Diego's top swimmers in the butterfly events... Posted one of USD's best times in the 200 Butterfly, swimming a (2:10.86) against UCSD- convincingly winning the event... Also won the 200 Butterfly (2:11.44) against LMU... Placed in the finals of the 100 and 200 Butterfly events at the 2005 WAC Championship meet... Turned in a 5<sup>th</sup> place finish in the 200 yard Butterfly (2:12.22) against NAU... Swam with the USD 400 Freestyle Relay team during the season... Top-tier finisher in the 200 Butterfly at the 2004 Speedo Cup... Placed 8<sup>th</sup> overall in the 500 Freestyle (5:21.62) at the Big West Shootout... 6<sup>th</sup> in the 500 Freestyle (5:33.17) and 8<sup>th</sup> in the 200 yard Freestyle (2:05.02) placing in both events at the USD Invitational.

### Freshman in 2003-04

Finished an excellent freshman season with a 12<sup>th</sup> place finish in the 200 yard Butterfly event (2:11.74) and 15<sup>th</sup> in the 100 Fly (1:00.10) at the PCSC Championship meet... Clocked in at (1:55.92) in the 200 yard Freestyle to place 7<sup>th</sup> at the Irvine Speedo Cup- third best of any Torero during the season... Also placed 8<sup>th</sup> in the 200 Butterfly (2:07.13), setting another Torero team high... Her time of (5:04.16) in the 500 Freestyle led her to 11<sup>th</sup> place at the Speedo Cup and was the third best of any Torero... Helped lead USD to victory over Nevada with a 1<sup>st</sup> place finish in the 200 Fly (2:07.64) and a 3<sup>rd</sup> place finish in the 100 Fly (1:00.20)... Came in 3<sup>rd</sup> out of 43 swimmers at the UCSD Invite in the 200 yard Butterfly with a time of (2:10.13)... Also placed 7<sup>th</sup> in the 100 Butterfly in that same meet... VanGerpen's first place finishes in both the 200 Butterfly (2:06.68) and the 200 Freestyle (1:57.48) helped USD claim a victory over LMU.

### Prep

Attended Kamiak High School in Edmonds, WA... All-America Athlete and All-America Academic selection her senior year... Sixth in state competition in the 100 yard Butterfly her sophomore and senior years... Helped Kamiak finish 3<sup>rd</sup> in state her junior year, and fifth in state as a senior... Also a member of the South Snohomish County Dolphins team.

### Personal

Chose USD because of the location, great academics and swim program... Born in Seattle on September 18, 1984... Also recruited by Pepperdine and Fresno State.



**Erin Voyles**  
Freshman  
Free  
Austin, TX  
Westlake HS

### Freshman in 2005-06:

Entered USD mid season joining the Toreros in February ... Was able to participate in many events for USD including the relay events as well as individual events ... Made a difference with her speed and quickness capturing second place finishes against crosstown rival San Diego State.

### Prep

Graduated from Westlake High School in Austin, Texas ... was a member of the swim team going to the state championships in the 100 freestyle and the 200 freestyle ... received All-American honors her senior year.

### Personal

Was a member of the Longhorn Aquatics club team ... was recruited by Texas Christian University and Boston College ... Chose USD for the swimming coaching staff, the education, and the location ... Born in Dallas, Texas to Lori and Robb Voyles.

## USD's Sports Center Pool -Home of Torero Swimming and Diving-



**The Sports Center Pool, located on the University of San Diego campus, is the home of the Torero Swimming and Diving team.**

**The pool is a beautiful outdoor facility that spans 40 yards x 25 yards, with 12 swimming lanes at 25 yards. The complex also has a pair of 1-meter diving boards for competition, as well as a state of the art Colorado Systems Electronic Timing system.**



### USD ATHLETIC FACILITIES

#### ***The Jenny Craig Pavilion***

The Jenny Craig Pavilion serves as home to the Toreros men's and women's basketball teams as well as the women's volleyball team. This 17.5 million dollar area has a seating capacity of 5,100 as has quickly garnered major attention from around the region, and the West Coast Conference selected USD as the site of the 2001, 2002 and 2003 WCC Basketball Championships, it has hosted the 2002 California Junior College Basketball Championships, the annual Kiwanis Basketball Tournament, the Darrell Russell Celebrity Charity Basketball game, the 2003 NFL Celebrity Basketball Game, the Official Super Bowl XXXVII Luncheon, and the 2004 Judo National Championships.

#### ***Cunningham Baseball Stadium***

The Cunningham Baseball Stadium serves as the home diamond to the USD Baseball team. Since its inception in 1970, the stadium has undergone several renovations. Prior to the 2003 campaign, the stadium received several significant additions. A "Turf Tech" synthetic grass surface was installed in the foul areas between first and third base. Secondly, a new press box was built at the top of Cunningham Stadium that keeps the central architectural theme of 16th century Spanish Renaissance alive. In addition, a new public address system has been added. The playing surface consists of "Bullseye" Bermuda grass and the dirt portion of the infield is crushed red brick. In 2006 the stadium received a brand new scoreboard.

#### ***Torero Stadium***

Torero Stadium serves as home to both the USD football and soccer programs. The stadium has recently received renovations that were completed to host the WUSA San Diego Spirit, with over \$3.5 million dollars spent to enlarge the seating areas and add spectator comforts. Torero stadium capacity is now 6,000. In 2001, the installation of the upgraded lighting system took place, and the final piece of the renovations was a Daktronics video board that plays movie clips and replays, as well as scoreboard information. The playing surface is "Bullseye" Bermuda grass, with soccer dimensions measuring 118 yards x 72 yards, with football conforming to NCAA regulations.

#### ***USD Softball Complex***

The USD Softball Complex serves as the home diamond for the Torero softball team. The playing surface is "Bullseye" Bermuda grass, with the facility also including two batting cages that allow players to work on their hitting skills. A lighted LED Daktronics scoreboard sits over the right field fence and allows fans to be updated on game stats. Stadium seating capacity is 325, and spectators are also comforted by a full-service concessions stand and public facilities. The stadium is also lighted, enabling night games. In addition, a new public address system has been added, as well as a press box down the third base line.



**Jenny Craig Pavilion**



**Cunningham Baseball Stadium**



**Torero Stadium**



**USD Softball Complex**



**USD Sports Center Pool**



**USD West Tennis Courts**



# 2005-06 University of San Diego Swimming and Diving

## Swimming and Diving History

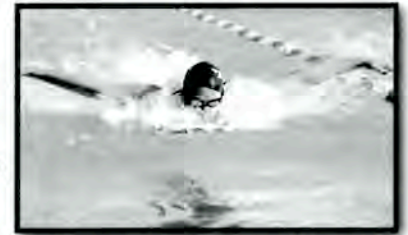
The University of San Diego program spent 25 years as a member of the Pacific Collegiate Swimming Conference (PCSC) before making the move into the Western Athletic Conference (WAC) as an affiliate member beginning in 2004-05. The inaugural season of USD's Swimming and Diving program was in 1979-80, competing in the PCSC under the guidance of Gary Becker, who would go on to serve as the Toreros head coach for 15 seasons (1978-93). In May of 1993 Bill Morgan (1993-99) was hired to direct the fortunes of Torero Swimming and Diving, and would later lead USD to the school's first ever PCSC Championship in 1997. Recognized for developing San Diego into one of the PCSC's top teams, Morgan was honored as the league's coach of the year twice (1995 & 1996).

Mike Keeler succeeded Morgan in the fall of 1998 and needed just three seasons to win back-to-back PCSC Championships. By 2003 the Toreros staked claim to nine of the league's 20 individual records and Keeler had twice earned PCSC Coach of the Year honors (2000 & 2001).

In addition to USD's success at the conference championships, 18 of San Diego's 19 school records have been established under Keeler's watch with 30 different student-athletes garnering recognition as All-PCSC performers from 1999-2004.

Former Torero star Carolyn Gorrick became the first USD swimmer to be named the PCSC Swimmer of the Year (2001) and diving standout Shannon Pace was a three-time winner of the PCSC Diver of the Year award (1998-2000). In 2003 then-Torero freshman Ashley Swart became the first USD swimmer to qualify for the NCAA Championships and single-handedly allowed USD a national team placing of No. 38 at the NCAA's. Swart's All-America season in 1993 was followed by another trip to the NCAA's in the spring of 2004.

At the time of San Diego's departure from the PCSC in 2004, the league had 14 member institutions- nine located in the state of California. San Diego's move into the WAC promises to allow the Torero program to continue to develop. USD faces stiff competition in the years to come, with University of Hawaii headlining a list of top programs vying for the WAC Championship in 2007.



Carolyn Gorrick, a native of Sydney, Australia, became the first USD swimmer to be named the PCSC Swimmer of the Year in 2001.



Formerly members of the Pacific Collegiate Swimming/ Diving Conference, the Toreros earned numerous All-Conference honors during their seven year history in the PCSC

### 2004

Ashley Swart  
Kelly Cobourn  
Ashley Rose  
Jamie Jackson  
Carissa Thomasson

### 2003

Ashley Swart  
Carolyn Gorrick  
Kaitlin Bourne  
Kelly Cobourn  
Eryn Bowman  
Nicole Draa

### 2002

Kaitlin Bourne  
Meridith Rus  
Ilea Dorsey  
Jaime Lobdell  
Carolyn Gorrick  
Deborah Hoyt  
Jaime Jackson  
Chelsea Flemmer  
Kristin Isbell

### 2000

Kaitlin Bourne  
Courtney Coleman  
Elisabeth Dixon  
Ilea Dorsey  
Carolyn Gorrick  
Elizabeth Lightner  
Jaime Lobdell  
Christine Motschman  
Shannon Pace  
Gretchen Pen  
Meredith Slattery  
Mary Thiel  
Liz Weeks-Comeau

### 2001

Kaitlin Bourne  
Tori Bushnell  
Elisa Dixon  
Megan Ethridge  
Carolyn Gorrick  
Kristin Isbell  
Anne Kennedy  
Meridith Rus  
Jaime Lobdell  
Liz Weeks-Comeau  
Melissa Willard

### 1999

Gretchen Pen  
Melissa Willard  
Kristine Hayashi  
Christine Motschman  
Stephanie Wang  
Courtney Coleman  
Shannon Pace

### 1998

Corise Bittner  
Courtney Coleman  
Kristine Hayashi  
Trish Malatesta  
Shannon Pace  
Gretchen Pen  
Katrina Rowe  
Laura Sides  
Megan Thompson  
Melissa Willard



3-time PCSC diver of the year, Shannon Pace

## USD Swimming and Diving All-Academic and Athlete of the Week honorees

The WAC honors athletes every week with the X-Box Live Swimming and Diving Athlete of the Week for outstanding performance. Following the conference championships, they also honor athletes with the All Academic team for outstanding performance in the classroom. Here are the USD award winners for Athlete of the week and All-Academic.

### 2005-06 All Academic Team

Kristin Frick	Jr.	3.46	Visual Arts
Joy Miller	So.	3.53	English
Ashley Swart	Sr.	3.42	Diversified Liberal Arts

### 2005-06 X-Box Live Athlete of the Week

Joy Miller	Jan. 10, 2006
Ashley Swart	Nov. 7, 2005

### 2004-05 All Academic Team

Kristin Frick	So.	3.25	Visual Arts
Shannon Harris	So.	3.51	Political Science
Jenny Lonsdorf	So.	3.42	Psychology
Joy Miller	Fr.	3.53	Undeclared
Ashley Swart	Jr.	3.75	Diversified Liberal Arts
Shala Van Gerpen	So.	3.67	Accounting



# PRACTICE LIKE A CHAMPION...

## USD All-Time Swimming & Diving Records

<u>Distance/Name</u>	<u>Time</u>	<u>Season</u>
<b>FREESTYLE</b>		
50 Kaitlin Bourne	23.97	2001
100 Kaitlin Bourne	51.86	2002
200 Carolyn Gorrick	1:50.78	2001
500 <b>Ashley Swart</b>	4:52.04	2005
1000 <b>Ashley Swart</b>	10:05.06	2004
1650 <b>Ashley Swart</b>	16:51.84	2004
<b>BACKSTROKE</b>		
100 Melissa Willard	56.47	1999
200 Corise Bittner	2:03.33	1996
<b>BREASTSTROKE</b>		
100 <b>Ashley Swart</b>	1:04.04	2003
200 <b>Ashley Swart</b>	2:16.26	2004
<b>BUTTERFLY</b>		
100 Carolyn Gorrick	55.46	2003
200 Carolyn Gorrick	2:02.45	2000

<u>Distance/Name</u>	<u>Time</u>	<u>Season</u>
<b>INDIVIDUAL MEDLEY</b>		
200 <b>Ashley Swart</b>	2:02.84	2003
400 <b>Ashley Swart</b>	4:15.01	2003
<b>FREESTYLE RELAY</b>		
200 Bourne, Ethridge, Rus, Lobdell	1:35.68	2001
400 Bourne, Cobourn, Swart, Gorrick	3:28.93	2003
800 <b>Swart, Cobourn, Bowman, Gorrick</b>	7:32.53	2003
<b>MEDLEY RELAY</b>		
200 <b>Draa, Swart, Gorrick, Bourne</b>	1:46.39	2003
400 <b>Draa, Swart, Gorrick, Bourne</b>	3:50.88	2003
<b>DIVING</b>		
1 M Shannon Pace	381.55	1999
3 M Shannon Pace	481.85	1999

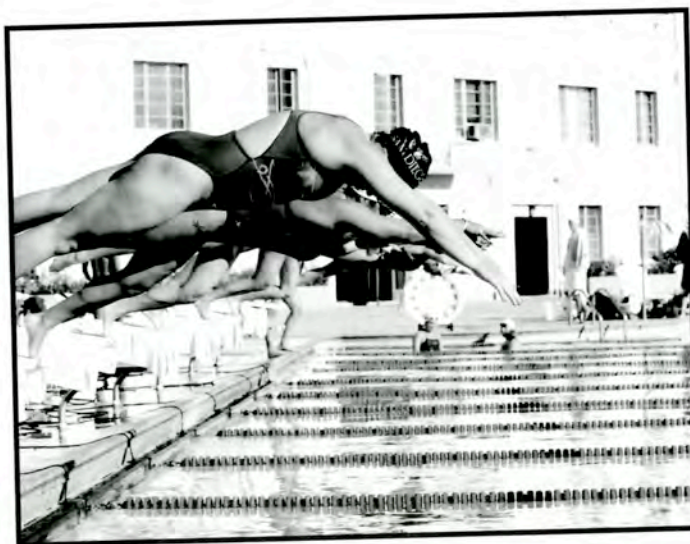
### PCSC Honor Roll (USD)

**USD Team Championships:**  
1997, 2000, 2001

**PCSC Swimmer of the Year:**  
2003 **Ashley Swart** (co)  
2001 Carolyn Gorrick

**PCSC Diver of the Year:**  
2000 Shannon Pace  
1999 Shannon Pace  
1998 Shannon Pace

**PCSC Coach of the Year:**  
2001 **Mike Keeler**  
2000 **Mike Keeler**  
2000 John Kelley (Diving)  
1996 Bill Morgan  
1995 Bill Morgan



< former Torero coaches Bill Morgan (top) and Gary Becker (bottom)



At halftime of a basketball game at the Jenny Craig Pavilion, the Toreros were honored for winning the 2001 PCSC Championship





# 2005-06 University of San Diego Swimming and Diving

## All-Time San Diego Swimming and Diving Roster

### A

Abel, Kyna ('92-93)  
Abraham, Natalie ('91-95)  
Adams, Misa ('88-90)  
Allmaras, Jennifer ('88-90)  
Altenau, Claire ('04-pres)  
Ash, Nancy ('92-95)

### B

Baker, Madeline ('86-87)  
Baldocchi, Lisa ('83-84)  
Barker, Suzie ('94-96)  
Barnak, Lauren ('01-02)  
Bartman, Lisa ('78-79)  
Bates, Ariana ('94-96)  
Baur, Kimberly ('04-05)  
Beainy, Renee ('84-85)  
Berge, Kristina ('04-05)  
Bergen, Mary ('88-92)  
Birney, Laurie ('83-87)  
Bittner, Corise ('94-98)  
Bond, Kyla ('97-98)  
Bourne, Kaitlin ('99-03)  
Bowman, Eryn ('02)  
Brennen, Bridget ('78-80)  
Buchanan, Nancy ('79-81)  
Bushnell, Victoria ('00-02)

### C

Cassity, Colleen ('88-92)  
Cavallero, Rosann ('83-87)  
Chalberg, Karen ('87-88)  
Childers, Reggie ('80-81)  
Childs, Tracie ('89-93)  
Churchill, Katherine ('01-02)  
Clark, Diane ('79-80)  
Cobourn, Kelly ('02-pres)  
Coleman, Courtney ('96-00)  
Coy, Ali ('92-93)  
Cramer, Brittany ('05-pres)

### D

Dahl, Tami ('92-93)  
Danahy, Karen ('87-91)  
Dauer, Trish ('80-82)  
Davidio, Janine ('87-89)  
Davis, Natalie ('95-96)  
DeGooyer, Stacey ('83-85)  
Deleon, Eleanor ('05-pres)  
Demakas, Carrie ('93-96)  
Devine, Hilary ('92-93)  
Dixon, Elisabeth ('99-01)  
Dorsey, Ilea ('98-02)  
Draa, Nicole ('02-pres)  
Drake, Tracey ('78-79)

### E

Edgar, Karen ('94-98)  
Ethridge, Meghan ('00-02)  
Erck, Candy ('80-81)

### F

Fallon, Michele ('90-91)  
Fambrini, Anna ('05-pres)  
Fatovic, Diane ('86-87)  
Ferschweiler, Dana ('84-85)  
Fisher, Celina ('92-93)  
Fisher, Suki ('90-91, 92-94)  
Flemmer, Chelsea ('01-03)

Fong, Tracey Will ('78-79)  
Frick, Kristin ('04-pres)  
Frederickson, Ashley ('05-pres)  
Friedheim, Theresa ('88-89)

### G

Gallagher, Kathleen ('03-05)  
Garton, Samantha ('87-88)  
Gaudet, Katie ('87-89)  
Gaunt, Janet ('81-83, '85-86)  
Gauthier, Rochelle ('02-04)  
Gleason, Sarah ('05-pres)  
Gorrick, Carolyn ('99-03)  
Graczyk, Kristen ('92-93)  
Green, Elizabeth ('86-87)  
Green, Victoria ('83-84)  
Grey, Lauren ('01-02)  
Guzman, Shanna ('95-97)

### H

Hanaver, Lynn ('79-80)  
Harris, Shannon ('03-05)  
Hausner, Pam ('79-80)  
Hawblitzel, Mary ('89-90)  
Hayashi, Kristine ('96-99)  
Hayes, Lyndsi ('99-00)  
Hearn, Katrina ('03-04)  
Hickey, Meghan ('93-94)  
Hockett, Heather ('87-89)  
Hodgkinson, Sydney ('03-pres)  
Hollanhan, Jan ('82-86)  
Horenkamp, Marissa ('96-98)  
Horrocks, Abby ('95-99)  
Hoyt, Deborah ('00-02)

### I

Imwalle, Amy ('97-98)  
Isbell, Kristin ('00-04)  
Isham, Jennifer ('81-82)

### J

Jackson, Jamie ('01-05)  
Jackson, Linda ('85-86)  
Jafari, Samantha ('05-pres)  
Jeffries, Sheila ('87-88)  
John, Mavi ('80-81)  
Johnson, Cindy ('94-95)  
Jones, Kaitlyn ('02)  
Jones, Mali ('03-04)  
Jordan, Leslie ('03-04)

### K

Kankowski, Ann ('84-85)  
Keays, Christine ('97-99)  
Kehoe, Alison ('99-01)  
Kelly, Rhonda ('91-93)  
Kennedy, Anne ('00-01)  
King, Lindsay ('92-93)  
Klaas, Jennifer ('91-95)  
Klein, Kate ('78-79)  
Klimp, Sonya ('96-98)  
Kobayashi, Yumi ('93-95)  
Krueger, Kathryn ('83-84)  
Kupic, Amy ('87-88)

### L

Lapari, Tiffany ('04-05)  
Larson, Julia ('94-97)  
Lee, Jennifer ('92-93)

Leonovicz, Lisa ('90-91)  
Ligtenberg, Margie ('84-86)  
Lightfoot, Mary ('80-82)  
Lightner, Elizabeth ('99-00)  
Lobdell, Jamie ('98-02)  
Loncto, Megan ('93-94)  
Lonsdorf, Jennifer ('03-05)  
Lucas, Megan ('97-01)  
Lund, Shauna ('81-82)

### M

Macevicz, Cecelia ('82-84)  
Maddock, Laurie ('82-84)  
Maddox, Kim ('94-96)  
Malamo, Cha Cha ('78-79)  
Malatesta, Trish ('97-98)  
McAdoo, Shelley ('83-85)  
McCaffrey, Kelly ('88-90)  
McGlennen, Molly ('90-94)  
McGrath, Colleen ('78-79)  
McTaggart, Janeen ('82-83)  
Metzger, Sarah ('89-93)  
Meyers, Betsy ('78-79)  
Miller, Joy ('04-pres)  
Minto, Lauren ('94-96)  
Misfeldt, Julie ('85-86)  
Mostero, Laura ('83-85)  
Motschman, C. ('98-01)  
Mracheck, Sarah ('89-90)  
Murphy, Eileen ('87-89)  
Myer, Betsy ('78-79)

### N

Near, Nancy ('84-86)

### O

O'Donnell, Erin ('78-79)  
O'Rourke, Katie ('81-83)  
O'Sullivan, Anne ('80-81)  
Odenwald, Denise ('81-82)  
Oliver, Becky ('80-81)  
Olson, Heather ('95-99)  
Otness, Kari ('95-96)  
Opdycke, Rendy ('02-05)  
Otto, Shelley ('86-90)

### P

Pace, Shannon ('96-00)  
Paulson, Cassie ('88-90)  
Paquette, Maryka ('03-04)  
Parker, Kirsten ('89-90)  
Pen, Gretchen ('96-99)  
Perry, Jelaine ('84-85)  
Platt, C.C. ('90-94)  
Pieksma, Michele ('82-84)  
Pierson, Debbie ('79-80)  
Pinch, Jacques ('82-84)  
Pinder, Elizabeth ('90-91)  
Pinyan, Sue Sue ('78-79)  
Pistilli, Lisa ('79-81)  
Poirot, Debbie ('86-89)  
Porter, Mary Beth ('87-89)  
Puchbauer, Trish ('85-87)

### Q

Quinn, Carolyn ('83-84)

### R

Ramirez, Anne ('79-80)

Remaues, Annika ('95-96)  
Renner, Barbara ('82-83)  
Reyes, Leoho'onani ('05-pres)  
Rickert, Lois ('79-82)  
Rider, Martina ('84-88)  
Riffle, Michelle ('83-84)  
Robinson, CeCe ('80-81)  
Roeder, Elizabeth ('92-93)  
Rohrbach, Tori ('88-89)  
Rojo, Tina ('95-99)  
Rose, Ashley ('03-pres)  
Rowe, Katrina ('95-99)  
Rungo, Vicki ('80-81)  
Rus, Marideth ('98-02)

### S

Schmidt, Vanessa ('95-96)  
Schweitzer, Marylu ('88-89)  
Schwieger, Tracy ('90-94)  
Scott, Robin ('89-93)  
Scrutton, Jane ('02-05)  
Settimi, Nora ('89-91)  
Sheldon, Jennifer ('92-93)  
Sherman, Monica ('03-04)  
Sides, Laura ('94-98)  
Simmons, Cami ('92-96)  
Sims, Dianne ('80-82)  
Skufca, Valerie ('79-82)  
Slattery, Meredith ('99-00)  
Smith, Shannon ('83-84)  
Stauber, Alexandra ('03-04)  
Stroik, Laura ('97-99)  
Strojny, Heidi ('86-89)  
Swart, Ashley ('02-pres)

### T

Thiel, Mary ('98-02)  
Thomasson, Carissa ('03-04)  
Thompson, Megan ('94-98)  
Thompson, Rachel ('93-95)  
Thornberry, Amy ('83-84)  
Torrey, Susan ('89-93)  
Trollope, Karen ('90-94)

### V

Van Arsdall, Tara ('00-01)  
Van Gerpen, Shala ('06-pres)  
Van Hertum, Sandy ('89-90)  
Van Kirk, Connie ('92-93)  
VanGerpen, Shala ('03-pres)  
Vidosic, Debbie ('89-93)  
Voyles, Erin ('06-pres)

### W

Walsh, Mary ('78-79, 80-81)  
Walker, Laura ('99-01)  
Wang, Steph ('98-02)  
Weeks-Comeau, E. ('99-01)  
Whitaker, Suzanne ('78-79)  
Willard, Melissa ('97-01)  
Willfong, Tracey ('78-80)  
Witt, Jennifer ('89-92)  
Wolf, Shoshana ('99-00)  
Wurster, Mary ('94-98)

### Z

Zilius, Laurann ('90-94)





Dr. Mary E. Lyons

### A MESSAGE FROM PRESIDENT MARY LYONS...

*The University of San Diego is very proud of the student-athletes that represent our institution on 16 men's and women's NCAA Division-I athletic teams. These are proud and serious competitors, honored to represent the University. The dedication you witness on the playing fields, on the court, on the course, or in the water is greatly matched in the classrooms, the laboratories, on stage, or in the community. Last year forty percent of our student-athletes carried a grade-point average above 3.2, and nine of our teams had a cumulative grade-point average above 3.0.*

*Athletics is vital to the University of San Diego, a way students, faculty, staff and alumni come together as one community. I am both a university president and a Torero fan; I look forward to sharing the excitement of Torero athletics with our many fans. -*

#### University of San Diego Mission Statement

The University of San Diego is a Roman Catholic institution committed to advancing academic excellence, expanding liberal and professional knowledge, creating a diverse and inclusive community, and preparing leaders dedicated to ethical conduct and compassionate service.

#### University of San Diego Vision Statement

The University of San Diego is becoming a nationally preeminent Catholic university known for educating students who are globally competent, ethical leaders working and serving in our complex and changing world.



Ky Snyder  
Executive Director of Athletics

### KY SNYDER

#### Executive Director of Athletics

Ky Snyder was named Executive Director of Athletics at the University of San Diego on December 10th, 2003. Dr. Mary E. Lyons, USD President, introduced Snyder who returns to USD where he was Director of Athletic Development between 1990-1996. He came back to USD from the San Diego International Sports Council where he held the position of President.

With the San Diego International Sports Council, the 43-year-old Snyder's primary responsibility was to promote San Diego/Tijuana as the preferred region for sporting events and activities that benefit the community both economically and socially. Recent accomplishments of the Sports Council bid efforts include securing for San Diego the 1997 and 1998 ESPN Summer X Games, the Suzuki Rock 'n' Roll Marathon, the 1999 Major League Soccer All-Star Game, the inaugural Bank of America/U.S. Olympic Cup, NCAA Division I Men's Basketball First & Second Round (2001) contests, the NCAA Division I Women's Volleyball Championships (2001) and Super Bowl XXXVII.

In the spring of 2001, Snyder was named the President of the San Diego Super Bowl XXXVII Host Committee. He is a member of the Board of Directors of the San Diego NFL Youth Education Town and the San Diego Super Bowl Task Force. He is a member of the San Diego Downtown Rotary Club. Snyder was also the Executive Director of the San Diego International Sports Foundation.

Prior to joining the SDISC, Snyder was the Director of Athletic Development at the University of San Diego for six years. At USD he was responsible for establishing the Torero Athletic Association, fund-raising efforts for athletics, managing athletic special events and generating corporate sponsorship of athletics.

At USD he oversees an athletic department with sixteen NCAA Division I intercollegiate teams and approximately 400 student-athletes. He is responsible for all administrative, management and supervisory aspects of the Department of Athletics. Additionally, he oversees the strategic long-range planning and monitoring of budgets, personnel, programs, facilities, fundraising, promotions and marketing, and public relations for an NCAA Division I program consisting of eight sports for men and eight sports for women. He serves on the West Coast Conference TV Committee, Marketing Committee and Women's Basketball Committee.

Snyder played football at San Diego State University. He holds a Bachelor's Degree in Marketing from San Diego State University and has studied in the Master's Leadership Program at the University of San Diego. He is a guest lecturer at the University of San Diego's MBA Sports Management program and the SDSU Hospitality Management program.

Snyder, who has been a San Diego resident for 23 years, has a very athletic family. His wife, Sue, was a former standout member of the United States women's national volleyball team who played at San Diego State and also coached the Aztecs and University of San Diego's women's volleyball teams. In addition, Snyder's father, Lester, held the position as President of the United States Tennis Association. The Snyder's reside in Poway with their son Riley (age 12), daughter Sydney (age 9) and daughter Cammy (age 6).



### USD Academic Support



Sarabeth Pollock



Robyn Fortney

The USD Athletic Academic Support program is designed to promote the academic development of student-athletes. The primary objective is to offer the necessary resources for the academic success of student-athletes as they work to earn their degree. Academic Support services are designed to enhance the student-athlete's overall collegiate experience and encourage development and attainment of academic and career goals.

**Sarabeth Pollock** is in her first year as the Coordinator of Athletic Academic Support for USD Athletics. She has worked as a tutor in the Athletic Department since the fall of 2001. Pollock earned her B.A. degree in Political Science and History, with a minor in Spanish. A 5th generation San Diegan, she resides in Point Loma.

All USD student athletes have access to advising, tutoring and mentoring services. The mentoring program, Torero Blue and Men Torero, were developed in 2005 and team a graduate student in the Counseling program with an athlete who would like to enhance study skills, learn about campus resources and receive guidance on goal development and attainment. Student-athletes also have access to a quiet area where they can study or work in the computer center. In addition, student-athletes are encouraged to utilize the campus learning centers including the Writing, Math and Logic Centers as well as to take advantage of the resources available to them in the Career Center, Counseling Center and Computer Labs.

**Robyn Fortney** is in her first year as the Coordinator of Athletic Student Services for USD. She coordinates the CHAMPS/Life Skills program which promotes the personal development of student-athletes. Also, she is an Academic Counselor to Women's Rowing, Men's Rowing and Football.

From nearby Rancho Bernardo, Fortney earned her B.A. degree in Communications, with a minor in Leadership, from USD in 2002. She was a four-year member of the USD women's basketball team between 1998-2002, including the 2000 squad that advanced to the NCAA Tournament. In 2004, she received her Master's Degree in Sport Management from the University of San Francisco.

*"The greatest challenge to a Division I athlete is to balance the demands of sport while taking full advantage of the educational experience offered. The purpose of our program is to assist student-athletes in meeting this challenge by offering tutoring, advising, mentoring and a quiet environment to study. The academic support program is designed to assist students in adjusting to life at USD and developing sound academic and career plans. By promoting a philosophy of individual responsibility, which encourages each student-athlete to value their educational experience, the academic support program assists each athlete to realize their full potential". Shaney Fink, Assoc. AD of Compliance and Student Services/SWA*

### Torero Strength and Conditioning

The University of San Diego athletic department recognizes the need for all athletes of all sports to engage in a comprehensive strength and conditioning program. The USD strength and conditioning program has been designed to develop functional strength, speed, power and endurance. The development of these physical attributes is ineffective if the athletes are not able to carry them over to the playing field. Adhering to a properly designed program of strength training, conditioning and nutrition can enable our men and women to become the best possible athletes they can be, while simultaneously reducing the incidence of injury.

The heart of the strength and conditioning program is the Jenny Craig Pavilion fitness center (3,800 square feet) and the USD Sports Center weight room (5,000 square feet). Both weight rooms contain Olympic platforms, free-weights, selectorized machines, dumbbells and cardiovascular equipment, and are open exclusively to student-athletes at specific times each day.

USD student-athletes receive intensive instruction on proper weight training technique; speed, power and agility development; and sport-specific conditioning. Their strength and conditioning programs are specific to the nature of their sport or position. Each athlete is individually monitored throughout their program to ensure the greatest chance of athletic progress.



#### Department of Intercollegiate Athletics Mission Statement

As part of the University of San Diego, a Roman Catholic University, the Department of Intercollegiate Athletics is committed to advancing academic and athletic excellence and enhancing students' lives while promoting the University of San Diego.

#### Department of Intercollegiate Athletics Vision Statement

As part of the University of San Diego, a Roman Catholic University, the Department of Intercollegiate Athletics is educating its student-athletes while building leadership and teamwork and a reputation as winners on and off the field of play.



# PRACTICE LIKE A CHAMPION...

## *The University of San Diego*

### **SETTING**

The University of San Diego is an independent Catholic institution of higher education. Founded in 1949, USD is located on 180 acres overlooking Mission Bay, San Diego Harbor and the Pacific Ocean. The campus is named Alcalá Park and is located just 10 minutes from downtown San Diego. The campus was named after a Spanish village near Madrid - Alcalá de Henares. Founded by the Greeks as Complutum, the village was later renamed Al Kala (the Castle) by the Moslems. Christians recaptured the village centuries later and founded a university whose buildings became the inspiration for USD's architectural style.

### **THE CAMPUS**

The USD campus is regarded as one of the most architecturally unique institutions in the country, featuring major buildings designed in an ornamental 16th century Spanish Renaissance style. Since 1984, USD has completed numerous major construction and expansion projects. In 2000 the Jenny Craig Pavilion, a 5,100-seat athletic center, opened its doors as home to USD basketball and volleyball. Two years ago the Joan B. Kroc Institute for Peace and Justice opened on the west end of campus, and this past Fall the Donald P. Shiley Center for Science and Technology opened. A five-story, Spanish Renaissance parking garage (1,100 spaces) was completed in 1998. A landscaped fountain plaza was finished in the fall of 1995, connecting the entrances of the Immaculata and Hughes Administration Center. In 1992, the university completed the 45,000 square foot Loma Hall, which includes an expanded bookstore, a larger mail center, classrooms and laboratories.



### **ACADEMICS**

USD enrolls more than 7,400 students who have a choice of more than 50 undergraduate and graduate degree programs. The university's academic units include the College of Arts and Sciences, and the Schools of Business Administration, Education, Law and Nursing. Class size generally averages between 18-25 students with the student to teacher ratio being 18:1. Over 97 percent of USD's full-time faculty hold doctorates. In the annual ratings of the country's colleges and universities, published by U.S. News & World Report, USD moved from the regional to national category in 1994. The university is currently ranked 106th among the top schools in the nation.

### **STUDENT LIFE**

Student activities include cultural events, dances, boat cruises, beach parties, BBQ's, concerts, comedy nights, symposia and much more. Students participate in a wide range of volunteer projects such as adult literacy tutoring, senior citizen outreach, and house building in Tijuana. The intramural program is also an integral part of student life on campus with over two-thirds of the USD community partaking in intramural sports.

### **ATHLETICS**

USD is a member of the West Coast Conference for nearly all sports and competes in 16 intercollegiate sports on the NCAA Division I level. The football team is in its 12th season in the Pioneer Football League. Women's sports include: basketball, cross country, rowing, soccer, softball, swimming, tennis and volleyball. Men's sports include: baseball, basketball, cross country, golf, football, rowing, soccer and tennis. Since 1990 USD teams have made 45 NCAA post-season appearances; garnered 50 All-America selections; had 37 Conference Coaches of the Year; 30 Conference Players of the Year; 15 Conference Freshmen of the Year; won 15 conference championships; and 4 WCC Scholar Athletes of the Year. Two seasons ago saw the men's basketball program won their first WCC Basketball Tournament Championship and advance to the NCAA Tournament for the first time in sixteen years.





# 2005-06 University of San Diego Swimming and Diving

## San Diego, California



San Diego is truly "America's Finest City." A modern metropolis (second largest in California) and a popular year-round resort, San Diego spreads from the coast to the desert, including cliffs, mesas, hills, canyons and valleys. San Diego also surrounds one of California's greatest natural harbors which has been a dominant factor in determining the city's history, economy and development.

Meteorologists claim San Diego as the country's only area with perfect climate. This ideal year-round environment posts an average daytime temperature of 70 degrees, with an annual rainfall average of less than 10 inches. Most days are sunny, with humidity generally low, even in the summer. The climate, attractive setting and recreational facilities make San Diego "America's Finest City."

According to Sports Illustrated, "For sheer numbers of participants, diversity of pursuits of involvement, San Diego must rank as the sports fitness capital of the U.S." Sports are a major feature of the San Diego lifestyle. One can sail, swim, surf, scuba dive, snorkel, wind-surf on 70 miles of public beach or golf at any of the over 80 golf courses throughout the county. Balboa Park, a

1,158-acre recreation and cultural center, offers 25 tennis courts, two gymnasiums, two municipal golf courses, and one of the nation's finest zoos. Mission Bay Park is a 4,600-acre playground for jogging, fishing, bicycling, tennis, golf, jet skiing and kite flying.

As well as participating in recreational activities, San Diego supports their professional teams -- the NFL Chargers play at Qualcomm Stadium, and the San Diego Padres play in the new Petco Park. During college football bowl week, San Diego annually hosts the Pacific Life Holiday Bowl in late December. During 1998, Qualcomm Stadium hosted the Super Bowl game between Denver and Green Bay; followed by the World Series between the San Diego Padres and the New York Yankees. The Super Bowl returned to San Diego in 2003. Whatever sporting activity there is, it's here in San Diego -- the sports capital of the U.S.!





# San Diego, California

America's Finest City





# SAN DIEGO

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## *2006 USD Swimming and Diving Team*



Top row (l-r): Head coach Mike Keeler, Eleanor Deleon, Ashley Frederickson, Leohoíonani Reyes, Samantha Jafari, Claire Altenau, Shala VanGerpen, Brittany, Cramer, Anna Fambrini  
Bottom row (l-r): Diving coach Tori Cadora, Nicole Draa, Sara Gleason, Joy Miller, Ashley Swart, Ashley Rose, Kristin Frick, Kelly Cobourn, Erin Voyles, Meghan Peter, Asst. Coach Shawna Ghausi



University of San Diego